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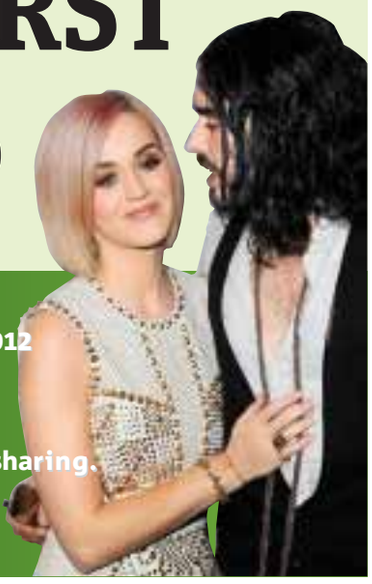
LUNCH RUSH
CAFÉ CARLO GETS FRESH WITH SALSA FOR FISH TACOS {page 11}

STARBURST
WAS PERRY TOO HOT FOR BRAND TO HANDLE? {page 9}



WINNIPEG metro®
Tuesday, January 3, 2012
www.metronews.ca
News worth sharing.

Occupy gets all fired up

No charges laid in relation to Memorial Park bonfire on Dec. 31 Any charges to be laid would be up to the province, police say

SEAN LEDWICH
WINNIPEG@METRONEWS.CA

Occupy Winnipeg capped off 2011 with activism and yet another fire in Memorial Park, though this time it wasn't arson.

"We're just about to do a little action," said Louise May, media contact for OW, over the phone at 6 p.m. on New Year's Eve.

"My truck is full of flammable things and we're going to have a freakin' huge bonfire."

About 30 minutes later a fire truck arrived to find two pallets, a straw bale and sticks in full blaze on a park sidewalk. Police and provincial security showed up soon after.

A protester used an extinguisher to quell the flames before firefighters finished the job with a hose. Protesters then loaded the soggy, charred remnants into May's pickup truck.

"For us it's a symbol that Occupy continues on into the new year," Isaac Dyck told one of several attending police officers.

With the symbolic fire over with, protesters headed to The Forks to hand out leaflets.

They stopped after The Forks management threatened to call police.

"You don't want people stopping and harassing you. It wrecks their experience," one Forks official told them, explaining that their policy against "marketing" on site applies to everyone.

SEAN LEDWICH/FOR METRO

▶ About 10 Occupy Winnipeg members — including Louise May, standing on the bench, and a bearded Isaac Dyck — cheer on their symbolic fire at Memorial Park on New Year's Eve.

Leaflets in the pink at The Forks

Of the hundreds of revellers inside The Forks Market on New Year's Eve, Metro saw several reading the pink leaflets Occupy Winnipeg was handing out.

Besides wishing a "Happy new year!" the leaflets cited the Canadian Centre for Policy Alternatives as saying Canada's 100 highest-paid CEOs each earn, on average, as much money by 2:30 p.m. in one day as the average Canadian makes all year.

They also cited the Social Planning Council as saying 60,000 Manitobans on Employment and Income Assistance get only $6.50 a day for all living expenses other than shelter.

The leaflets contained no reference to The Forks.

SEAN LEDWICH

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1 news

Montreal's revamped Cosmodome offers visitors a chance to explore the universe at a fraction of the $35-million cost of being a space tourist. Scan the code for the story.

To scan 2D barcodes in Metro, download the free ScanLife app at 2dscan.com.

On the web at metronews.ca

Edmonton photographer Paul Burwell explains how he creates his detailed and radiantly lit images of snowflakes. Video at metronews.ca/video

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Explosion injures four firefighters

- A fibreglass manufacturing facility was destroyed
- The damage is estimated at more than $1 million

SHANE GIBSON
WINNIPEG@METRONEWS.CA

SHANE GIBSON/FOR METRO

▶ Firefighters work to control a smoldering fire at Omniglass on Sherwin Road Monday morning while a backhoe begins demolishing the building.

One firefighter was taken to hospital and three others were slightly injured after an explosion at a fire site in the industrial area of Brooklands Monday morning.

An alarm brought WFPS firefighters to Omniglass Inc. at 1205 Sherwin Rd. around midnight. Crews entered the building because only light amounts of smoke were visible at the time — and that's when something in the facility exploded, said WFPS platoon safety officer Doug Martin.

"It was a significant explosion. ... There was a number of firefighters in the building and some of them had just vacated that area, so we are very fortunate that there wasn't any more serious injuries," Martin said at the scene. "Two (firefighters) were blown right out of the building."

The blast left a large hole in the side of the building. It was unknown as of press deadline what caused the explosion.

The hospitalized firefighter was treated at and released from the Health Sciences Centre later in the day.

The cause of the fire is yet to be determined and firefighters on the scene couldn't say what caused the explosion.

The Office of the Fire Commissioner and the Arson Strike Force had begun their investigation as a backhoe was brought in to demolish the smoldering building by mid-morning.

For more local news visit metronews.ca/winnipeg

SEAN LEDWICH/FOR METRO

▶ Anne Rose Aulatjut with baby Noah Nicholas Nehemiah Ishalook.

First baby of 2012 happy and healthy

It didn't take long for Winnipeg's new year's baby to make his appearance.

Noah Nicholas Nehemiah Ishalook was the first child born in Winnipeg in 2012, and he and mom Anne Rose Aulatjut are both healthy and happy.

Noah made his debut at 12:09 a.m., only two minutes before the next baby.

Anne Rose and Noah have a bit of a trip ahead of them — mom lives in Arviat, Nunavut. METRO

New year's party bear sprayed

Several people are recovering after a New Year's Eve party abruptly ended when a party-goer sprayed guests with bear spray.

RCMP said a teen, 14, was caught following a foot chase after he allegedly sprayed several party guests at a home on Royal Road in Portage la Prairie about 10 minutes before midnight.

ELISHA DACEY

Investigation continues on last homicide of the year

Winnipeg police were still on the scene of a New Year's Eve homicide on Selkirk Avenue Monday afternoon.

Police said Michael Warren Sinclair, 46, was shot at a house in the 600 block of Selkirk around 5 a.m. Dec. 31.

He was taken to hospital in critical condition, where he later died.

A woman, 30, was also shot and taken to hospital in stable condition.

Police have arrested no suspects.

Anyone with information is asked to call 986-6508.

ELISHA DACEY

39

With the death of Michael Warren Sinclair, 39 Winnipeggers were victims of homicide in 2011, the highest number ever.

News in brief

Duck pond ready for use

The newly expanded duck pond is now open.

Hundreds of Winnipeggers headed to the pond over the past several days, taking advantage of the warmer winter weather, though Monday's temperatures didn't rise much higher than -12 C.

Tuesday's forecast is for 1 C, according to Environment Canada, but temperatures will plunge again for the rest of the week.

The pond officially opened Dec. 31. METRO

SHANE GIBSON/FOR METRO

▶ Darren Storm and Kate Storm, 3.

2011 was an unusual year for murders in Canada, with some areas setting records for most or fewest homicides ◐ Here's a look at all nine Metro Canada cities

Vancouver
Population: 578,000
The City of Vancouver saw 15 homicides in 2011. The final homicide in the city was the New Year's Eve stabbing death of 19-year-old Dylan Cody Smith at an apartment. In Metro Vancouver and the Fraser Valley, there were 35 homicides in 2011, according to CBC.

15

Edmonton
Population: 730,000
Edmonton saw its deadliest year ever in 2011 — including two slayings in the final 24 hours, with a 35-year-old man and a woman in her 20s becoming the 46th and 47th homicide victims. The city, which led the country in homicides, surpassed its previous record of 39 from 2005.

47

Winnipeg
Population: 633,000
Winnipeg saw a record 39 homicides in 2011, up from the previous record of 34. The high number of killings was attributed to increasing gang violence and one instance where a woman allegedly set fire to a rooming house, killing five occupants.

39

Halifax
Population: 370,000
Homicides were up significantly for Halifax, with 17 throughout the municipality in 2011. That's six more than in 2010 and four more than the previous record of 13 from 2009. Most of the homicides weren't random, but in late November three teens were charged in the indiscriminate shooting of a Halifax-area senior out for a walk.

17

Montreal
Population: 1.6 million
Montreal saw 35 homicides on its territory in 2011, down two from 2010. In the province of Quebec there were 102 homicides, an increase of 28 per cent.

35

Ottawa
Population: 812,000
Ottawa had 11 homicides in 2011. Four victims were women and the rest men. Knives were used in five of the cases. Three other victims were shot, all of whom were men with criminal ties. The shootings remain unsolved as do three other cases: In one case, the cause of death has not been released. Ottawa had 10 homicides in 2010.

11

Calgary
Population: 988,000
Early intervention and funding commitments from municipal and provincial governments are being touted as major factors in keeping Calgary's homicide number at 11, the lowest it's been in eight years. The final count is in stark contrast to killings at the height of the city's gang war in 2008 and 2009, when roughly three times the murders were recorded.

11

Toronto
Population: 2.5 million
Toronto recorded 46 murders in 2011, the lowest number in 25 years. This was the fourth straight year of declines since 2007, when the city recorded its deadliest year (matched in 1991) with 86 homicides. Police Chief Bill Blair attributed some of the decline to the disruption of gang activity following sweeping raids carried out across the region.

46

METRO CANADA/ TORSTAR NEWS SERVICE

London
Population: 352,000
London police reported eight homicides in 2011 — up from seven in 2010 — the most murders on record since slayings spiked to 14 in 2005. The last murder was reported on Dec. 27, when Said Hadbai, 20, was found shot in a parking lot. He died in hospital.

8

Man arrested in L.A. arson probe

◐ Suspect driving van with British Columbia licence plates: Reports

DAN STEINBERG/THE ASSOCIATED PRESS

▶ Los Angeles Fire Department firefighters extinguish numerous vehicles in a carport in the Sherman Oaks neighbourhood of Los Angeles yesterday.

Authorities arrested a man Monday in connection with dozens of suspected arson attacks that destroyed parked cars, scorched buildings and rattled much of the nation's second-largest city over the New Year's weekend.

Harry Burkhart, 24, was booked for investigation of arson of an inhabited dwelling and was being held without bail, authorities said.

Burkhart was arrested earlier in the day because he resembled a "person of interest" captured on surveillance video. He was stopped by a reserve sheriff's deputy in a van being sought by arson investigators.

More than 50 blazes have flared since Friday in Hollywood, neighbouring West Hollywood and the San Fernando Valley, causing about $3 million US in damage.

Police declined to reveal any motive for the fires.

Firefighters have not responded to any other suspicious fires since Burkhart was detained, Capt. Jaime Moore said.

THE ASSOCIATED PRESS

More officers charged in Grenada beating death

"People who know Grenada ... will tell you that Grenada is the safest destination in the Caribbean."
TILLMAN THOMAS, PRIME MINISTER OF GRENADA

Three more Grenada police officers were charged with manslaughter on Sunday in the beating death of a Canadian as the country's prime minister insisted the case isn't indicative of the Caribbean island's law enforcement.

"This is really an isolated case, it's unfortunate," Prime Minister Tillman Thomas told The Canadian Press in a phone interview from his home Sunday night.

A police statement said officers Edward Gibson, Shaun Ganness and Ruddy Felix were arrested and charged Sunday in the beating death of 39-year-old Oscar Bartholomew of Toronto, who was visiting the island about 160 kilometres north of Venezuela to see family. The Sunday arrests brought the number of police suspects to five. THE ASSOCIATED PRESS

MOUNT RAINIER SHOOTING

Suspect in murder of U.S. park ranger found dead

An armed Iraq War veteran suspected of killing a Mount Rainier National Park ranger managed to evade snowshoe-wearing SWAT teams and dogs on his trail for nearly a day.

He couldn't, however, escape the cold.

A plane searching the remote wilderness for Benjamin Colton Barnes, 24, Monday discovered his body lying partially submerged in an icy, snowy mountain creek with snow banks standing several feet high on either side.

Pierce County Sheriff's spokesman Ed Troyer said Barnes did not have any external wounds and appears to have died from the elements.

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Media mogul tweets his resolutions

SUSAN WALSH/FILE PHOTO/THE ASSOCIATED PRESS

"My resolutions, to try to maintain humility and always curiosity. And of course diet!"
RUPERT MURDOCH ON TWITTER

Rupert Murdoch has begun the new year with a tweet.

The media mogul is posting on Twitter under the handle @rupertmurdoch, News International confirmed Monday.

Many doubted his account's authenticity because Murdoch, 80, has generally tried to stay out of the spotlight as his media empire comes under increased scrutiny because of widespread phone hacking at his U.K. newspapers.

Making no mention of his business woes, Murdoch had attracted more than 46,000 followers by Monday morning.
THE ASSOCIATED PRESS

TAX CUTS

Corporate Canada reaps more money: StatsCan

Profitable Canadian businesses are set to reap $2.85 billion in additional income-tax savings in 2012, even as Prime Minister Stephen Harper complains about all the private "money sitting on the sidelines."

The last of five annual corporate tax cuts took effect Sunday, reducing the federal rate by another 1.5 points to 15 per cent.

The move comes as corporate Canada, from multinationals to midsize businesses, squirrels away hundreds of billions of dollars as it rides out a second storm of economic turbulence over three years.

The latest figures from Statistics Canada through the third quarter of 2011 show business sitting on more than $583 billion in Canadian currency and deposits, and more than $276 billion in foreign currency.

Those cash reserves have climbed nine per cent since last year and 27.3 per cent since 2007, when the Canadian economy was booming and new corporate tax cuts were announced.
THE CANADIAN PRESS

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Nigeria gas-price hike fuels fear of more unrest

- Two unions are planning general strikes, protests in coming days
- Many gas stations were shut down on Monday after the news broke

SUNDAY ALAMBA/THE ASSOCIATED PRESS

An attendant sells fuel at a petrol station in Lagos, Nigeria, Monday. Nigeria is ending fuel subsidies, an official said Sunday, a move that is sure to be unpopular in the oil-rich nation, where citizens have come to expect cheap fuel as one of their few government benefits. Previous attempts to lift the subsidies have been met with nationwide strike actions.

Irate drivers in Africa's most populous nation paid more than twice the usual price Monday after the government quietly removed a long-cherished consumer subsidy that had kept gas affordable, prompting fears of strikes and unrest.

Gas powers Nigeria's generators because the national electricity supply is sporadic at best, and fuel also keeps engines running in traffic that can snarl for hours. The government's announcement drew outrage.

"This new year 'gift' by the presidency is callous, insensitive and is intended to cause anarchy in the country," said a joint statement by two unions.

Unrest would only add to Nigeria's security woes: President Goodluck Jonathan has already declared a state of emergency in parts of the country hit by a growing Islamic insurgency, which is fuelled in part by widespread poverty.

The gas-price hike is likely to result in even higher prices in the landlocked and violence-plagued north, as refined oil is mainly imported through ports in the south.

Signs at a few stations put the cost at 94 cents US per litre — just over double Sunday's morning price of about 45 cents per litre.

While that's cheap by North American standards, most Nigerians subsist on just $2 a day and the rising gas prices are expected to force food prices to spiral as well. "I don't want to lose customers by doubling my rates, so I'll have to bear some of this cost myself," said Yomi Esan, 31, a driver for a taxi chain. "My biggest worry is losing my customers because this is how I feed my family."

The government has said the move will save the country some $8 billion, some of which will be used for infrastructure projects.
THE ASSOCIATED PRESS

Market moment

PRICES AS OF 5 P.M. FRIDAY

TSX	Dollar
+ 113.4 (11,955.09)	+ 0.37¢ ($0.9833 US)

OIL	Natural gas
- 82¢ US ($98.83 US)	$2.989 (- 3.8¢)

Gold $1,566.80 (+ $25.90)

Oil pipeline at top of election agenda

U.S. President Barack Obama and Congress are starting the election year locked in a tussle over a proposed oil pipeline from Alberta to Texas that will force the White House to make a politically risky choice between two key Democratic constituencies.

Some unions say the Keystone XL pipeline would create thousands of jobs. Environmentalists fear it could lead to an oil spill. Obama enjoyed strong support from both groups in his winning 2008 campaign for the White House.

A law Obama signed that temporarily extended the payroll tax cut included a Republican-written provision compelling him to make a speedy decision — within 60 days. The administration is warning it would rather say no than rush a decision in an election year. THE ASSOCIATED PRESS

2,735KM The pipeline would stretch 2,735 kilometres, carrying oil from tar sands in Western Canada to refineries in Texas, passing through Montana, South Dakota, Nebraska, Kansas and Oklahoma.

12 RESOLUTIONS WORTH KEEPING FOR 2012

SHE SAYS ...

JESSICA NAPIER
METRO

So have you broken all your new year's resolutions yet? Of course you have. Now forget those lofty ambitions that would have you forsake all your vices simultaneously, and let's try to focus on setting some small goals for the new year.

I've taken the liberty of compiling a list of 12 entirely achievable resolutions that I'd like you (yes, YOU) to make and keep for 2012. Don't worry, I promise to try my best to adhere to them as well. After all, even a few minor changes can make the world a much better place for me, you and everyone we know.

1 I will stop watching Keeping Up with the Kardashians once and for all and spend more time with my own family.

2 I will stand right and walk left on escalators.

3 I will stop doing that thing where I see an acquaintance on the street and pretend I don't know them. We both know what's going on; let's just stop being awkward and say hello.

4 I will take better care of my hair because someday I might lose it all.

5 The same thing goes for my money.

6 I will resist the urge to like a Facebook status update about an engagement or pregnancy in order to prevent a never-ending stream of annoying comment notifications in the days that follow.

7 I will stop letting the smug woman behind the GPS navigation voice jeopardize my relationship, and surrender to the fact that maybe she does know best.

8 I will recognize that the only things that belong on the dinner table are food and cutlery, not my cellphone.

9 I will stop blaming public transit for my late arrival at the office every single morning and admit to myself (and my boss) that maybe I should be getting up 10 minutes earlier. Alternatively, I will think of some new excuses for my tardiness.

10 I will buy the $14 bottle of wine, not the $9 bottle. Yes, I want to save money, but the 12-hours-from-now version of me will appreciate my largesse.

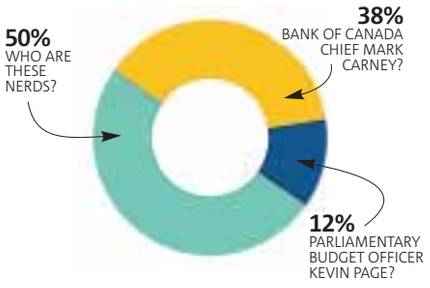
11 I will listen to my mother and wear the appropriate footwear for the weather conditions.

12 I will actually pay attention to the auto-correct function on my phone and stop sending embarrassing typo-filled messages to friends and family. After all, "Did you show your boss?" is a very different question than "Did you show your boobs?"

Read more of Jessica Napier's columns at metronews.ca/shesays

Panel
Register at metropolitanpanel.ca and take the quick poll

Who would win a telepathic battle of smartness?



Local tweets

- **@mirtle:** Didn't see hardly anyone predicting Winnipeg or Ottawa to be doing this well back in preseason. Kudos to them.
- **@GroupBuysBrant:** PR person being interviewed on CJOB68 just now plugged TSN Radio 1290 and their Jets coverage. Awkward. #Winnipeg
- **@JWsJustSayin:** Wow, if the season ended today the #Winnipeg Jets would be in the playoffs and the Washington Capitals wouldn't.. #NHL
- **@Susan_Nicol:** It's the Year of the Beer Drinker: Twenty Twelves.
- **@jeope:** Been enjoying following the @sweden Twitter account. Can't wait for the feds to do the same thing here in Canada. #snowball #chance #hell
- **@sarahrosepetz:** That's it, snoop dog totally has to replace drew carry on the price is right #priceisright
- **@Stevo_West:** A day without @parlourcoffee is, well, a day without proper coffee. #grindanddrip
- **@BobbieZem:** Last day of holidays and can't sleep in. Boooourrrrnnnnsss

Daily Zoom

BINSAR BAKKARA PHOTOS/THE ASSOCIATED PRESS

Half of country's rainforests lost

Orphaned baby orangutans Septian and Seroja play inside a basket at a Conservation Programme facility in Batu Mbelin, North Sumatra, Indonesia. Indonesia has lost half of its rainforests in the last half century, putting the remaining 50,000 to 60,000 orangutans living in scattered, degraded forests in frequent, and often deadly, conflict with humans.

THE ASSOCIATED PRESS

Living in a concrete jungle

Veterinarians conduct surgery on an estimated 40-year-old orangutan named Puyul, who suffers from a broken leg, at their facility in Batu Mbelin, North Sumatra, Indonesia. Puyul broke his leg falling from a tree while being rescued by conservationists after he was found roaming a rubber plantation too close to a village. The vets also found air-rifle-pellet wounds in Puyul's body.

THE ASSOCIATED PRESS

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2 scene

Blasting gender roles

Bomb Girls is a new series that celebrates the strength of the women who worked in munitions factories during the Second World War Oscar nominee Meg Tilly plays the factory's supervisor

ANNE BRODIE
SCENE@METRONEWS.CA

In 1995, Oscar nominee Meg Tilly left Hollywood to write, and raise her family, including a son with Colin Firth.

She's back in a passion project, Bomb Girls, set in an Ajax, Ont., munitions factory during the Second World War.

Tilly relishes her role as Lorna, whose abusive husband returned from the war paralyzed and who supervises the girls on the factory line.

Tilly sat down with Metro to talk about Bomb Girls and gender issues that are still relevant in 2012.

"I have my little chickadees to look after on Bomb Girls," says Tilly.

"Everyone's younger than me and there's all this female power. It's very sweet.

"I feel so privileged to work in this environment. How often can you walk back in a chunk of time and explore it and life in it and love it?

"There is also such good will for this show. It was a brave choice to do such an unlikely look at the Second World War. The women had their jobs and husbands overseas but they were fighting behind the lines to protect their men and their children at home. They were soldiers."

HANDOUT

▶ Meg Tilly, shown in blue, says the reason she left acting was to give her children a chance to have a normal childhood.

Lorna is nurturing yet stern in this dangerous place, where one spark from a ring or hairpin could blow it sky high.

I wanted that, "Whoa, she's tough!" But why is she tough? If someone makes a decision you don't agree with you have to understand the whys. It's her job to keep the factory safe.

She doesn't want some dilettante coming here who could kill them all. I love the humanness of the characters, more noble than they realize.

One of her charges is Gladys, a headstrong Rosedale debutante played by Jodi Balfour. Gladys works in the office but dreams of joining the line, even as her father demands that she quit and marry. Balfour says the series reflects social realities that still exist.

These issues never become irrelevant. We may have come a long way in gender issues since the war and the overt discrimination, but those things still exist.

We have the resources to do something about them. Gender stereotypes discriminating against women can be dealt with; there are channels you can process these things through now.

But it doesn't mean attitudes have changed.

Balfour says the series inspired nostalgia for a time she never knew.

Entirely, but I've been like that all my life. I've always felt I was born into the wrong era. I relate so much to this way of being, the chivalry of it all.

It wasn't an easy time to be a woman and I am nostalgic for it. I feel I missed out on the best time to be alive.

And being wartime, they sucked the marrow out of every day.

Bomb Girls, starring Meg Tilly and Jodi Balfour, starts Wednesday night on Global.

Why Meg Tilly quit acting

I took my kids, always, on films. My daughter was in the third grade and I took her when I did Leaving Normal. When we went back, her best friend was best friends with someone else and there were only seven girls in the class and she didn't have anyone to eat lunch with and she cried. I thought this is why a lot of actors mess up. Coming from a challenging childhood, I didn't want to leave my kids with someone else. If I took them away with me six or seven months a year they wouldn't have any kind of life. I realised what would pay me the most for the least amount of time, so I did TV, guest stints and saved the money, socked it away and when I had enough, I quit.

Box office

Tom Cruise's new mission remains impossible to beat at the box office. Studio estimates Sunday placed Mission: Impossible - Ghost Protocol in the No. 1 spot for the second-straight weekend with $38.3 million. With a $141.2 million domestic total, it's the first $100 million hit with Cruise in the lead role since 2006's Mission: Impossible III. The movie led a solid New Year's weekend as Hollywood managed fair business to end a sluggish year on a more promising note for 2012. Sherlock Holmes: A Game of Shadows finished second again with $26.5 million, raising its domestic total to $132.1 million. The family sequel Alvin and the Chipmunks: Chipwrecked was still at No. 3 with $21 million to lift it to $94.6 million.

THE ASSOCIATED PRESS

Berlin film festival to honour Meryl Streep for career achievements.

DVD Releases

Buy it | Rent it | Borrow it | Yawn | Don't bother

Contagion

Genre: Thriller
Director: Steven Soderbergh
Stars: Matt Damon, Kate Winslet, Jude Law

Steven Soderbergh's Contagion is the feel-bad movie of 2011. A star-studded thriller, it's reminiscent of 1970s disaster movies, yet it's more grounded in reality. The film details the rapid spread of a lethal new virus, MEV-1, and does so quite realistically, at least until an outbreak of maudlin illogic near the end.

Working as his own cinematographer from a script by screenwriter Scott Z. Burns (The Bourne Ultimatum), Soderbergh spares few sensibilities in outlining how quickly a contagion would cross international boundaries.

Gwyneth Paltrow is Patient Zero, a business traveller named Beth Emhoff, who is intriguingly introduced on Day Two of her swiftly developing infection — we don't immediately know what happened on Day One. Whatever Beth caught on a trip to China is now returning home with her to Minnesota, where her new husband, Mitch (Matt Damon), and young son are waiting to welcome her home.

Beth is barely through the door when crisis strikes. As Mitch struggles to take in what's happened to his family, governments attempt to grasp an escalating infection rate and body count as scientists search for a vaccine.

At times, Soderbergh seems to lose track of too many subplots that include a kidnapping, marital infidelity, a government inquiry and a father-daughter trek. But Contagion demonstrates he still has it in him to deliver a mainstream movie. Just don't forget to Purell before watching. Extras include making-of featurettes.

PETER HOWELL

Brand and Perry: What happened?

THE WORD

DOROTHY ROBINSON
SCENE@METRONEWS.CA

Without knowing either of the stars, please join me as I wildly speculate what drove Brand to file divorce papers last week.

GETTY IMAGES

▶ Russell Brand and Katy Perry

Too much, too soon:
The two met in 2008 on the set of Brand's comedy Get Him to the Greek. After meeting again at the MTV Video Music Awards in 2009, the two started dating and it was infatuation at first sight.

Just four short months later, the two got engaged. Perry was just 25.

The two got married at a tiger sanctuary in India eight months later.

Different lifestyles
Brand is a famous former heroin and sex addict, as well as a recovering alcoholic — and is now sober and likes to stay in, watching soccer.

Katy Perry sings songs about blacking out on Friday nights — and likes to party with people like Rihanna. Oh, and Perry's family are evangelical Christians. And, well, Brand is a recovering heroin, sex and booze addict.

The fame game
This has been the busiest year for Katy Perry — she became the first woman, and second artist overall following Michael Jackson, in the 53-year history of the Billboard Hot 100 to send five songs from an album to No. 1 with her sophomore effort Teenage Dream. She went on a massive tour, performed at most awards shows, and debuted a rainbow of new hair colours.

Brand starred in Arthur. Enough said.

The whip cream bra finally ran out
You know what they say: In any relationship, it's important to keep things interesting in the bedroom.

LOOKING TO MAKE A CAREER CHANGE?
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3 life

Germs

A study by researchers at Laval University found that bacteria thrives on paper products and even on unused paper towels. Research into bacterial transmission from paper towels has not previously been well documented. A study of six towel brands, all commercially sold in Canada, showed all had germs. However, recycled towels were the most heavily contaminated. No illness was found to be connected to paper towel use.
THE ASSOCIATED PRESS

Study finds nearly quarter of women get a prenatal thyroid check

ISTOCK PHOTO

▶ It's that time of year when we set resolutions in place.

Plan, not procrastinate

New Year's resolutions are plentiful right now To make them stick, start making a plan

CELIA MILNE
LIFE@METRONEWS.CA

Want to lose weight by getting fit? Put it in your calendar.

Most New Year's resolutions fail because they are too lofty and vague. "Exercise more" is a tough instruction to follow. Where would you begin? Scientific studies have found people are more likely to be physically active if they make a realistic and detailed action plan.

Your action plan might look like this: "Monday: walk at the mall 7 p.m. for half an hour, medium intensity." Wednesday's plan could be: "Lift weights, at home, 8 a.m., 20 minutes, three repetitions." And Friday's plan could be: "Boot camp, at the gym, 5:30 p.m., 45 minutes, full intensity." On Saturday? Get outside and have fun.

"Baby steps are important," says Sammie Kennedy, the creator and CEO of Booty Camp Fitness, a growing company dedicated to helping women get active.

"When you make smaller changes over time, it becomes less overwhelming and you are more likely to gain positive momentum from actually achieving your small goals. You feel positive, you see results and you are far more likely to be successful in your larger, long-term goals."

Boot camps are growing in popularity because they are a fun and social way to lose weight and get fit. Booty Camp Fitness, which is run by women for women, has nearly 100 locations across Canada, including British Columbia, Alberta, Ontario and New Brunswick. Kennedy has observed that the most successful clients in her eight-week boot camps are those who declare their goals, attend class regularly and make small lifestyle changes they can stick with in their daily lives.

Get fit

Here's three tips for starting the New Year off right.

- **Start slow** Work your way up from exercising twice a week to as many days as you would like to achieve.
- **Change it up** Add something new/different to your fitness routine once a month.
- **Food is important** Eat a nutritious breakfast every morning.

Best Health Minute

BONNIE MUNDAY, EDITOR-IN-CHIEF, BEST HEALTH MAGAZINE

Wipe Out Germs at Home Since germs tend to get passed around among family members, front-line wellness strategies include frequent handwashing and sneezing into a tissue or your sleeve, as well as getting a flu shot. But taking some time this week to do some post-party housecleaning is also a good way to get rid of germs — just be sure you know which cleaners work, and which ones could make things worse. Writer Lisa Bendall checked it out in the December issue of Best Health.

"We don't need to sterilize our homes; we just need to keep them clean," says Dr. Camille Lemieux, associate director of the University Health Network's Infection Prevention and Control Unit in Toronto.

Indeed, Health Canada warns against using products in the home labelled 'antibacterial', 'antimicrobial' or 'bacteria-fighting', which typically contain benzalkonium chloride or triclosan, to kill common bacteria and viruses.

These chemicals may also wipe out the friendly bacteria we need to fight germs and stay healthy.

Plus, many health experts and agencies warn these products can lead to a rise in antibiotic-resistant bacteria.

(However, products with antibacterial chemicals may be recommended in institutional settings such as hospitals, where traffic is high and the volume of germs on surfaces can be greater.)

So, what works best at home? Plain water won't suffice, but a cleaning product with a surfactant detergent will remove the germs we don't want.

Products with hydrogen peroxide or bleach can kill or inactivate viruses. Products labeled 'disinfectant' will also inactivate disease-causing bacteria and viruses, and don't necessarily contain the antibacterial chemicals health experts recommend avoiding.

And good old vinegar and water (a 1:1 solution) may work, too.

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Italian with an Asian kick

Café Carlo is a hidden gem on the busy Corydon Strip This neighbourhood bistro offers a fresh take on traditional pasta with a hint of Asian flavours

LUNCH RUSH

PAY CHEN
FOOD@METRONEWS.CA

Not far off the busy Corydon strip full of sushi restaurants with nice summer patios and so-so food is the gem that is Café Carlo.

A perfect neighbourhood bistro featuring fresh takes on traditional pasta and salad, Café Carlo also offers daily specials. The menu features mostly Italian-inspired dishes with a bit of an Asian kick.

Wanting something that I can't find on just any menu, I narrow in on the Fish Tacos ($15), a beautiful presentation of six mini tacos with lightly breaded, crispy tilapia, diced tomatoes and lettuce with a chipotle tartar sauce.

Included is a fresh salsa of roasted jalapeños, tomatillos, onions and lime. There was no heat to the salsa, but it was a nice complement to the fish.

Café Carlo is trendy enough to be in a cool neighbourhood and the food and service are solid enough to bring you and your friends back.

Café Carlo
243 Lilac St.
477-5544
cafecarlo.com
Hours: Mon.-Sat. - 11:30 a.m.-2 p.m., 5-10 p.m.
Price range: $8-$35
Social lunch: Yes
Reservations: Yes
Licensed: Yes
Rating: 4 out of 5

PAY CHEN

▶ Fish Tacos

NEWS CANADA

BLT Egg Wrap

Preparation:

1. Cook bacon in non-stick skillet over medium heat until crisp. Set aside; wipe skillet.
2. Whisk together egg, onion powder, salt and pepper in small bowl. Pour into skillet; cook, stirring slightly, over medium heat.
3. Cook until eggs are thickened and no visible liquid egg remains. Spread tortilla with mayonnaise. Place lettuce on top; add bacon, egg and tomato. Fold wrap and serve. **NEWS CANADA**

Ingredients:

- Slice chicken or turkey bacon, cooked
- Egg
- ¼ tsp (1 mL) onion powder
- Salt and pepper, to taste
- Low-fat flour tortilla
- 2 tsp (10 mL) fat-free mayonnaise
- Leaf lettuce
- 1 tbsp (30 mL) tomato, diced

Transform cauliflower into a dinner favourite

Fried Caper Vinaigrette

This recipe makes plenty. You'll need about a quarter of it for the cauliflower. The rest can be refrigerated and used on salads.

Ingredients:

- 150 mL (⅔ cup) olive oil
- 15 mL (1 tbsp) salt-cured capers, rinsed and chopped
- 30 mL (2 tbsp) chopped shallots
- 5 mL (1 tsp) grated garlic (about 2 cloves)
- 75 mL (⅓ cup) red wine vinegar or sherry vinegar
- 5 mL (1 tsp) whole-grain Dijon mustard
- Pinch sea salt and ground black pepper

Preparation:

1. In a medium sauté pan over medium heat, heat 50 mL (¼ cup) of the oil. Add capers, shallots and garlic, then cook, stirring constantly, for 2 to 4 minutes, or until just starting to brown but the oil is still clear. Transfer to a medium bowl, including all of the cooking oil, and set aside to cool.
2. Once mixture has cooled, add vinegar, mustard, salt and pepper. While whisking, drizzle in remaining oil. Whisk until thoroughly blended. Adjust seasoning with additional salt and pepper, if necessary, and use immediately or refrigerate in a tightly sealed container for up to 2 days. Makes 250 mL (1 cup).

Tip: Don't feel like frying the capers, shallots and garlic? Give them a rough chop, then add them raw to the vinaigrette. Salt-cured capers should always be rinsed with cold water, then dried with paper towels, before being used.

THE ASSOCIATED PRESS

THE ASSOCIATED PRESS

▶ This recipe makes 8 servings.

Roasting has the power to transform just about any food, but this effortless cooking technique is most dramatic when applied to winter vegetables, including sweet potatoes, beets, fennel, whole shallots, carrots and butternut squash.

This dish is delicious and healthy to boot. Roast one to two whole heads of cauliflower until caramelized, then drizzle on an aromatic vinaigrette of capers, shallots and garlic.

The vinaigrette is good when all the ingredients are raw, but when you flash-fry them they become sweet and caramelized.

Ingredients:

- 2 heads cauliflower (about 2 kg or 4 ½ lb)
- 30 mL (2 tbsp) olive oil, or more if needed
- 10 mL (2 tsp) kosher salt, or more to taste
- Fried caper vinaigrette
- Minced country ham for garnish (optional)

Preparation:

1. Heat oven to 200 C (400 F). Set a wire rack over a baking sheet.
2. Wash and trim both heads of cauliflower, cutting out and discarding core and cutting top into large florets. Place florets in a large bowl and drizzle with olive oil, then toss (you may need to do this in 2 batches) until all the surfaces of the cauliflower are coated with a thin film of oil. Sprinkle with salt and toss again to distribute evenly.
3. Place florets on prepared rack. Roast for 30 minutes. Use tongs to turn florets, then roast for another 15 to 20 minutes or until deeply caramelized.
4. Return florets to the bowl and, while still hot, drizzle and toss with a little of the fried caper vinaigrette (recipe follows). Add just enough vinaigrette to lightly coat. Transfer florets to a serving platter, then sprinkle with minced country ham.

THE ASSOCIATED PRESS

YOUR NET WORTH

FUN AND FRUGAL

LESLEY SCORGIE
MONEY@METRONEWS.CA

I love setting financial goals for the new year. But over the years I've learned to pare back to just one or two that I can really focus on, rather than 10 smaller ones.

Take 60 seconds and think about what you'd like to change about your financial health in 2012.

The most popular areas are debt reduction, frugal living and investing.

All three of these elements contribute to your overall net worth; what you have left over when your total liabilities are subtracted from your total asset.

Where does your net worth stand? And no, your car isn't considered an asset so scratch it off the list.

Set a net worth goal this year. So, if your net worth is currently $12,500, aim to increase it through debt reduction and asset growth to $20,000 by the end of 2012.

Hands down, the most effective ways to reduce debt are to make your payments automatically on the day you get paid, pay a little extra each month (even $10 makes a difference), and negotiate your interest rates so that you pay as little interest as possible.

The most effective ways to increase your assets are to save through an employer sponsored RRSP, pension or savings program.

If you've been sitting on the fence about home ownership, stop renting and build equity in your own home. But, this only makes sense if your cash flow can handle it.

Living a frugal life minding your dollars and cents will help you accomplish your goals. **FOR LESLEY SCORGIE'S FULL COLUMN VISIT METRONEWS.CA**

Befriend your finances

ON MONEY

ALISON GRIFFITHS
MONEY@METRONEWS.CA

This is an important day for me. My new book Count on Yourself: Take Charge of Your Money (Simon & Schuster Canada) is now in stores and available online. This marks book number 11 (the rest co-authored with David Cruise) so you wouldn't think I'd find it such a big deal any more.

But I do and it's because the topic has never been so important. With the economic events of the past few years, our increasing debt load and the terrible state of so many retirement portfolios and savings plans — we must start taking charge of our money.

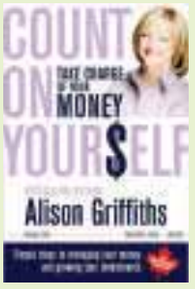
You don't need to be good in math or even comfortable with numbers in order to do so. All that's required is a plan.

It's particularly vital for us to seize control in the realm of investing. Most people hand over decisions about what they buy for RRSPs, RESPs, RRIFs and TFSAs to someone else because they are intimidated.

The financial services industry has done a superb job of convincing us that investing is way too complicated for the average Joe and Jill. Not so!

My goal in Count on Yourself is to give you the confidence and tools to set up and monitor a simple, safe, low-fee investment portfolio — and the best news is that it will out-perform most professionally constructed portfolios.

The first part of the book explores our attitudes toward money and how they stop us from taking charge of our money. The second section offers tips to help you become financially organized while the third shows you how to evaluate your situation and needs.



"The financial services industry has done a superb job of convincing us that investing is way too complicated for the average Joe and Jill. Not so!"

Finally, I introduce you to a group of low-fee, low stress and easily understandable sample portfolios using Exchange Traded Funds (ETFs) and index mutual funds.

When you're finished you will be in control of your money whether you use an advisor or prefer to do it yourself.

After the initial setup it will only take 30 minutes a month to stay on top of your investments.

There's also a contest to win a one-on-one telephone consult with yours truly about anything to do with personal finance or investments. You can enter through the Count on Yourself link on my website, alisongriffiths.ca.

Happy New Year all and I hope 2012 becomes a take-charge-of-your-money year.

ALISON GRIFFITHS IS THE AUTHOR OF COUNT ON YOURSELF: TAKE CHARGE OF YOUR MONEY. REACH HER AT ALISONGRIFFITHS.CA OR GRIFFITHS.ALISON@GMAIL.COM.

BEING PROACTIVE TO PREVENT POOP

CHARLES THE BUTLER

ASKCHARLES THEBUTLER@ METRONEWS.CA

FOR MORE, VISIT CHARLES MACPHERSON.COM

Mr. MacPherson,
I recently moved into a new home, and was disappointed to find at least a dozen "housewarming gifts" from the neighbour's dog in our backyard. Being the new kid on the block, I do not want to make waves so quickly and am hesitant to have my introduction to the neighbours be in the form of a complaint. How can I tactfully ask them to prevent their dog from targeting my lawn — or, at least to pick up afterwards?
Best wishes,
JB

Dear JB,

Wow! Not the "housewarming gift" you expected I'm sure! However let's think about this for a few minutes. Firstly, I would do nothing about the dog visiting your backyard (other than clean up the mess to start with), and secondly, I would make sure that my fence is in good order, with no holes, etc.

Now, how about taking the initiative and introducing yourself to your neighbour. This would allow you to start a friendly neighbourly relationship so that if, worst-case scenario, their dog does come into your yard, you will be in a much better and more comfortable position to approach them to deal with the issue. Good luck, and let us know how it turns out!

HAVE A QUESTION? EMAIL CHARLES AT ASKCHARLESTHEBUTLER@METRONEWS.CA.

ISTOCK

▶ Let's hope this guy cleans up after his dog.

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Canadians cautious as flu bug hits coaches

Canada's coaches needed a day without a game at the world junior hockey championship more than the players did.

Head coach Don Hay and assistant Scott Walker weren't on the ice for the practice Monday. The two were sequestered in the team hotel with the flu.

Assistant coaches George Burnett and Ryan Huska ran drills at Canada Olympic Park as the Canadians prepared for Tuesday's semifinal in Calgary.

Canada will face the winner of Monday night's quarter-final between the Czech Republic and Russia.

Huska expected Hay to be behind Canada's bench Tuesday night in a game that will determine which country plays for gold.

"Don, he'll be back," Huska said. "We're just taking all the precautions we can right now."

After going 4-0 to win Pool B, the Canadians had two straight days without a game and a bye to the semifinal. Sweden won Pool A with a 2-0-2 record and also had Monday off while Russia, the Czechs, Finland and Slovakia played quarter-final contests.

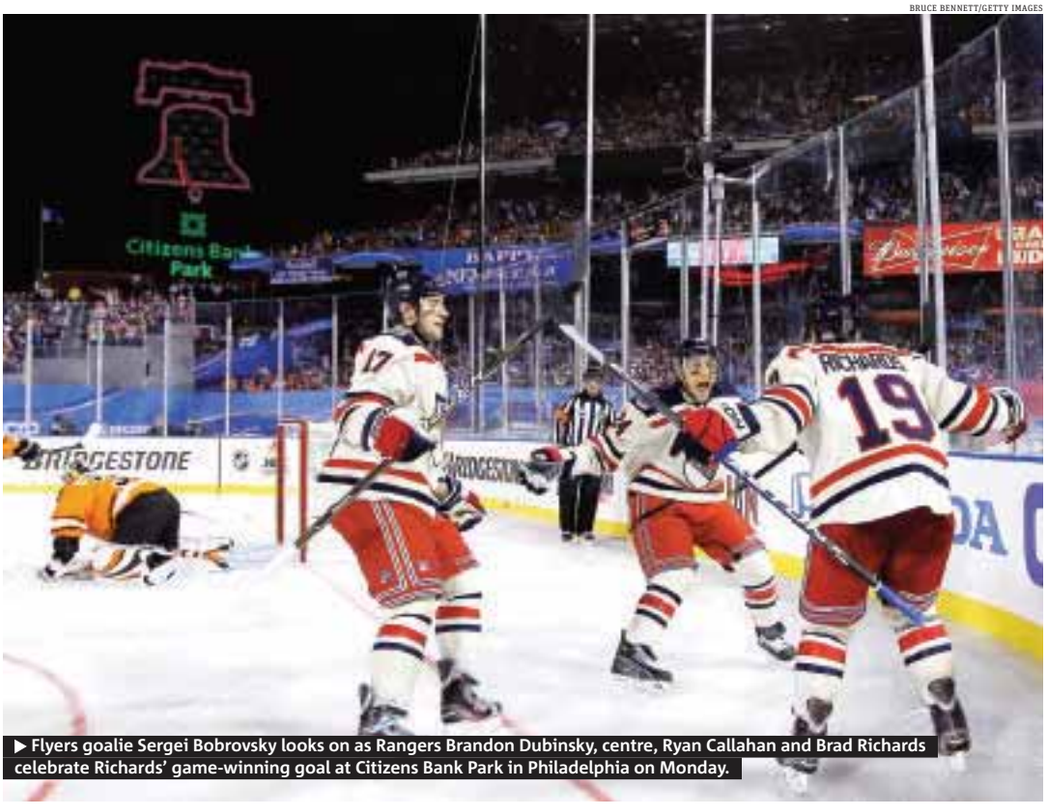
It's worrisome for the Canadians that the flu bug has struck. Forward Michael Bournival sat out last week's game against Denmark because of it, although he was back in the lineup for Saturday's 3-2 win over the U.S. in Edmonton. THE CANADIAN PRESS

JOHN ULAN/THE CANADIAN PRESS

"It'll probably help bring us closer together and remind us to take care of ourselves even more, so I think we'll be ready for the game (Tuesday)."

CENTRE FREDDIE HAMILTON ON HOW TEAM CANADA WILL BATTLE THROUGH THE FLU BUG

BRUCE BENNETT/GETTY IMAGES



▶ Flyers goalie Sergei Bobrovsky looks on as Rangers Brandon Dubinsky, centre, Ryan Callahan and Brad Richards celebrate Richards' game-winning goal at Citizens Bank Park in Philadelphia on Monday.

Rangers rise above the elements in Philly

Flyers' Briere has penalty shot turned aside in final seconds of Winter Classic ◐ New York coach Tortorella calls game's officiating 'disgusting'

Alone in the cold, it was up to Henrik Lundqvist to preserve a Winter Classic comeback.

His signature moment came with 19.6 seconds left after New York defenceman Ryan McDonagh was whistled for covering the puck in the crease. Flyers centre Danny Briere streaked down the ice — with bundled-up fans behind him — trying to send this one into overtime.

Lundqvist dropped to his knees on top of a chilly baseball field and stoned Briere when the centre tried to sneak it through his legs.

This made-for-TV showcase had found its brightest star.

Lundqvist stopped 34 shots, Brad Richards scored the go-ahead goal early in the third period and the New York Rangers rallied from a two-goal deficit to beat the Flyers 3-2 in the Winter Classic on Monday in front of 46,967 fans at Citizens Bank Park in Philadelphia.

3	2
RANGERS	FLYERS

"I was just trying to be patient and do my thing," Lundqvist said. "He's a sneaky guy, and there was a lot of pressure on me."

More pressure than most games in January. This game received the kind of hype normally reserved for the Stanley Cup final. NBC televised the game and HBO had 12 camera crews filming for its 24/7 series.

Rangers coach John Tortorella wondered if the officials wanted their own time in the spotlight to build the drama.

"I'm not sure if NBC got together with the refs to turn this into an overtime game. I thought the game was reffed horrible."

RANGERS COACH JOHN TORTORELLA ON THE WINTER CLASSIC'S OFFICIATING

"They called a penalty shot, which I still don't understand," he said.

"I just thought tonight, in that third period, it was disgusting."

Mike Rupp scored twice as New York won for the third time this season against Philadelphia.

Playing on a rink that stretched from first base to third base, the Rangers made the league's fifth Classic a memorable one to stay atop the Eastern Conference standings.

The NHL surrounded the rink with Christmas trees, firewood, fake snow, and even trash-can fires. But there was nothing artificial in the elements with snow flurries late in the second period and near-freezing temperatures.

The Flyers ended the game without Jaromir Jagr, their star forward who left the game in the second period. The 39-year-old Jagr said after the game he injured his left leg and expected to return soon.

Rookie Brayden Schenn and Claude Giroux scored to give the Flyers the early lead, as it appeared early on that the home team would open 2012 with a win. THE ASSOCIATED PRESS

4 sports

Quoted

"We've been consistent lately so that will be the challenge for sure for us. Can we do it on the road? I think we can."

WINNIPEG JETS COACH CLAUDE NOEL AFTER PRACTICE ON MONDAY. THE JETS HAVE THE EASTERN CONFERENCE'S BEST HOME RECORD AT 14-6-1, WHICH IS ALSO FOURTH-BEST IN THE NHL. BUT ON THE ROAD, WHERE THEY'LL PLAY NINE OUT OF 13 GAMES THIS MONTH, THE JETS RANK A DISTANT 25TH OVERALL AT 5-8-4.

Scan code for more sports.

Sports in pictures

PHOTOS
1. NED DISHMAN/GETTY IMAGES
2. MARC SEROTA/GETTY IMAGES
3. VEZRA SHAW/GETTY IMAGES

1 Hanley Ramirez says he'll accept a position switch to third base so Miami Marlins newcomer Jose Reyes can play shortstop.

2 The Indianapolis Colts have fired team vice-chairman Bill Polian and his son, Chris, the club's general manager. Owner Jim Irsay announced the moves Monday, one day after the team finished the year 2-14. Head coach Jim Caldwell was retained.

3 The Buccaneers fired Raheem Morris on Monday after his three seasons as Tampa Bay's head coach. Morris went 17-31, including a 10-6 mark in 2010, when the Bucs (4-12) narrowly missed the playoffs.

THE ASSOCIATED PRESS

ANDY LYONS/GETTY IMAGES

▶ Cincinnati's Brandon Tate runs with the ball against Baltimore on Sunday.

Bengals get one more shot

After going 0-7 against other teams that made the playoffs, Cincinnati has something to prove

The Cincinnati Bengals had seven chances to beat a top-tier team during the season, and lost all seven games. Their eighth comes in the playoffs.

It's one more chance to show they belong with the league's elite.

The Bengals' enchanted year has stretched into the post-season, a most improbable finishing place for one of the NFL's youngest teams. They had a lot of things go their way — the schedule was favourable and most of their key players avoided serious injuries.

And, in the end, the Bengals (9-7) got into the playoffs with a lot of help. The Jets, Broncos and Raiders melted down, allowing Cincinnati to claim the final wild-card berth despite a 24-16 loss to Baltimore.

"We definitely haven't played our best game yet."
BENGALS QUARTERBACK ANDY DALTON

They'll play at Houston on Saturday.

"The sky's the limit for our team," offensive tackle Andre Smith said. "I think we're going to take advantage of this week."

They've got the chance because they've been good at beating bad teams.

The Bengals went 0-7 against other teams in the playoffs — AFC North rivals Baltimore and Pittsburgh, as well as Denver, San Francisco and Houston. Their nine wins came against teams that had a combined 43-85 record.

Five of their nine wins came against teams that finished in last place. They beat only one team that finished with a winning record — Tennessee.

"It's just unfortunate that we're losing to some of the better teams," defensive tackle Domata Peko said. "We've been in each of those games, a play or two away from winning those games.

"But we're just happy around here that we're in the dance and have to now prove to the world that we belong here."

Although they haven't beaten another playoff team, they've come close. Often, they've fallen behind and rallied to another near-miss. Their only blowout loss was 35-7 at Pittsburgh. Otherwise, they've lost by two, five, seven (twice) and eight points to the other playoff-bound teams.

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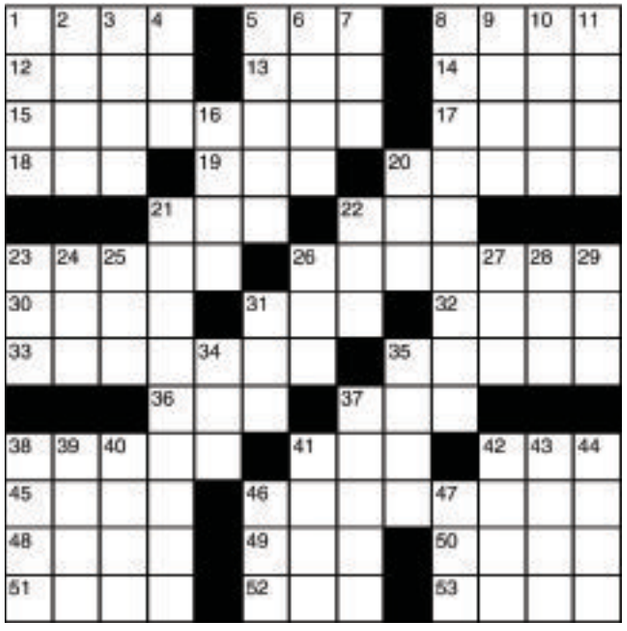
†NO PURCHASE NECESSARY. Must be 21 years of age or older. Trip for 4 to Super Bowl XLVI. Approximate retail value is $35,000. Odds of winning depend on the number of eligible entries received. Skill-testing question required. Contest close date is January 27, 2012. Go to budlight.ca for details. *STANDARD TEXT MESSAGE RATES APPLY. © 2012 NFL International LLC. Team names/logos/indicia are trademarks of the teams indicated. All other NFL-related trademarks are trademarks of the National Football League. ®/MD Anheuser-Busch, Inc.

Crossword



Across

1 Level in a hierarchy
5 Lower limb
8 Tranquil
12 Burn soother
13 Hockey surface
14 Hodgepodge
15 Road on a cliff's face
17 Nevada city
18 Greek vowel
19 Carnival venue
20 Beginning
21 Private place to sleep?
22 Compete
23 Cookwear?
26 Guys
30 Back
31 Chicken —
32 Concept
33 Current generator for some engines
35 Confuse
36 A Gabor
37 Ph. bk. data
38 Wooden box
41 Ultra-modernist
42 Periodical, for short
45 Stereo setup
46 City in Ontario
48 "Oh, woe!"
49 Pt. of speech
50 Therefore
51 Impudent
52 Spelling contest
53 Physical

Down

1 Compete on a track
2 Greatly
3 Mrs. Nick Charles
4 Documentary film-maker Burns
5 Within the law
6 Reverberate
7 "Golly!"
8 Roddy McDowall's "Planet of the Apes" role
9 Brewery products
10 Queue
11 Academic
16 Press
20 Lubricate
21 Musician in the brass section
22 Irritate
23 Upper limb
24 Shell game item
25 Tatter
26 Egg — yung
27 Peculiar
28 Become one
29 Utter
31 Sch. org.
34 Previous night
35 Apollo's landing site
37 Chutzpah
38 Bloke
39 Anger
40 Somewhere out there
41 Protuberance
42 Fraternal surname of comedy
43 Plankton component
44 Snatch, with "onto"
46 Taxi
47 Teeny

▶ Last crossword's answer

Sudoku

	9		6	1				
	3		9				7	5
		8	4			2		
						7	8	2
9				3				1
8	7	4						
		7			5	1		
3	5				4		2	
				2	6		5	

How to play

Fill in the grid, so that every row, every column and every 3x3 box contains the digits 1-9. There is no math involved. You solve the puzzle with reasoning and logic.

Last sudoku's answer ▶

Send a KISS

You can now post your kiss, and read even more kisses, online at metronews.ca/kiss.

My Damsel in Distress were you my Princess I was writing to . from your Prince Charming? if so it was my pleasure. and you did make an impression on me thank you. I do hope our paths cross again
FROM YOUR HERO

hey
A long time ago was swimming in dizziness every time we touched. Kisses left me craving, phone calls left me expecting, texting left me wondering. Since then we changed for whatever reasons unknown and faded into yesterday. For a fleeting moment felt like I was in heaven! Ah, the hell with romance and true love. Its all lies. Just a fool who let self be fooled. Foolish
FROM ME

A look at the weather

TODAY	WEDNESDAY	THURSDAY
Min -16°	Min -4°	Min -2°
Max 2°	Max -1°	Max 4°

BT BREAKFAST TELEVISION

Jenna Khan, Weather Specialist
"Weather impacts everything we do. Providing the information you need before you head out that door and take on the day is the best part of my morning." **WEEKDAYS 6 A.M.**

Today's horoscope

For today's crossword answers and for expanded horoscopes, go to metronews.ca

♈ Aries March 21-April 20 It may seem to others as if nothing ever fazes you but in reality you are quite easily upset.

♉ Taurus April 21-May 21 You will splash out on something shiny that catches your eye today, but you may regret it tomorrow.

♊ Gemini May 22-June 21 Think before you act today because if you let your impulses get the better of you there is no telling where it might lead.

♋ Cancer June 22-July 22 It is possible to be too generous for your own good.

♌ Leo July 23-Aug.23 Don't let your personal feelings interfere with what you must do on the work front today.

♍ Virgo Aug. 24- Sept. 22 Someone in a position of authority may be an idiot but they have got the power to make life difficult for you, so watch what you say.

♎ Libra Sept. 23-Oct. 23 A drama could so easily become a crisis.

♏ Scorpio Oct. 24-Nov. 22 A small change you make today could result in huge consequences further down the line.

♐ Sagittarius Nov. 23-Dec. 21 If your life seems complicated it is only because you are making it complicated.

♑ Capricorn Dec. 22-Jan. 20 Watch out you don't fall heavily for someone who is really not suitable for you at all.

♒ Aquarius Jan. 21-Feb. 18 You may be able to do a particular job better than anyone else but that does not mean you have to do it.

♓ Pisces Feb. 19-March 20. Don't let problems of a domestic nature get you down over the next 24 hours. Most likely by this time tomorrow they will no longer exist, so stay calm and keep smiling.

SALLY BROMPTON

Caption contest

PAT SULLIVAN/THE ASSOCIATED PRESS

"I was paintballing and this is how they got me." **ERNESTO GRAVERAN**

PAT SULLIVAN/THE ASSOCIATED PRESS

WIN!

You write it!

Write a funny caption for the image above and send it to play@metronews.ca — the winning caption will be published in tomorrow's Metro.

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Visit metronews.ca daily to see who loves whom, or...who loves you!
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